



VILLAGE of CROTON-on-HUDSON - RECREATION

One Van Wyck Street
Croton-on-Hudson, NY 10520
271-3006

www.crotononhudson-ny.gov/recreation-parks
SPRING / SUMMER 2022 / ADULT PROGRAM



YOGA at the LANDING

Join instructor Alexa for a Gentle Yoga at Croton Landing.

Start your day at beautiful Croton Landing Park.

Enjoy gentle stretches, breath work and simple yoga poses, outside in nature.

This a nurturing class designed for students of all levels.

YOGA at the LANDING

Act# 2193 Sec 1

Dates: Sundays, beginning June 12 for 6 sessions
(No Class June 19 & July 3)
Time: 9:30AM -10:30 AM
Location: Croton Landing Park
Fee: \$90.00 Village residents / \$105.00 School dist/non-residents
Registration Deadline: June 6
Instructor: Alexa Wolkoff, RYT



SPRING / SUMMER 2022 * YOGA at the LANDING * Act # 2193 Sec 1

Amount: \$90 Village Resident / \$105 School District / Non-Resident
(Checks Payable "Village of Croton")

Name: _____ Phone: _____

Address: _____

Email: _____

Emergency Name & Phone #: _____

I hereby recognizes that there are inherent risks involved with participation in this program, and agrees to release and hold harmless the Village of Croton-on-Hudson, their employees and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the above named person may sustain as a result of participation. In the event of injury, I hereby give permission person, named above, to be transported to a hospital for treatment to include evaluation of the injury, x-rays, and needed medical care I agree to indemnify and hold harmless the Village of Croton on Hudson for any damages or injuries.

Signature: _____



Date: _____

Online Registration: www.crotononhudson-ny.gov/recreation-parks